



Passing & Receiving | GK Distribution

Category: Technical: Passing & Receiving
Difficulty: Moderate

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Description

January 2017 - Session focuses on passing & receiving, decision-making, communication and GK distribution.

Warmup

Passing & Moving Warmup

Progressive warmup to prepare for the session.

Organization:

- Separate group into 2 teams. See diagram, green and orange
- Half the players start with balls.

How to Play:

- Passing and moving within the grid
- Green must pass to orange. Orange must pass to green.

Progression:

- Limit the amount of touches. Example, Blue gets 2 Yellow gets 3, etc...
- Wall Passes, Passing Combinations

Coaching Notes:

- Accurate passes. Move with a purpose.
- Communication



Skill Development

Passing Technical Square

Activity to improve all aspects of passing.

Organization:

- See diagram. Black lines = Pass. Red lines = Movement.
- Multiple cone squares set up on your field
- 1 or 2 players at each cone

Progression:

- Pass. Follow your pass.
- Check away from cone before receiving.
- Passing combinations in middle of square.
- Add passive defender.

Coaching Notes:

- Pass to correct foot. Proper weight on passes.



Final Game

Small-Sided Game - GK Distribution

SSG encouraging passing & receiving and GK Distribution

Organization:

- 4v4 + GKs. Adjust depending on numbers.

How to Play:

- All restarts come from the GK. Distribute by throws or with feet.

Coaching Notes:

- Keep good shape offensively and defensively.

